



PRAY FIRST

A PERSONAL PRAYER GUIDE



C7CHURCH.COM/PRAY

ABOUT THIS GUIDE

Prayer is essential to the life of a Christian, but sometimes we struggle with it. In the busyness of everyday life, a day can go by and we haven't even stopped to pray.

We know we should be praying, but often we struggle to make it a part of our life because we don't know where to start. That's where this prayer guide can help.

Adapted from the Pray First booklet by Pastor Chris Hodges of Church of the Highlands, this guide unpacks several prayer models found in the Bible to help you to discover daily conversation with God in a new way. As you learn how to pray, our prayer for you is that it becomes a regular part of your life and that in it you experience the life-changing presence of God every single day.

Jason

JASON CASK
C7 SENIOR PASTOR





WHAT IS PRAYER?

Prayer at its very core is communication with God.

In prayer we both speak to God and allow Him to speak to us.

As we spend time with God we grow in our our intimacy with Him and become more like Him.

GOD IS INVITING YOU TO PRAY

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't something we do every now and then, but when it is a lifestyle we cultivate.

To understand how to build a lifestyle of prayer we can look at the example of Jesus:

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Father. We too should make a daily appointment with God and faithfully keep it.



HAVE A CERTAIN PLACE

Jesus had a prayer place. Create a distraction-free environment where you can pray out loud and be free to worship God as you pray.



HAVE A CERTAIN PLAN

When Jesus taught His disciples to pray, He gave them a plan (The Lord's Prayer) to follow. This outline, along with others are available in this book to help you.



WHEN TO PRAY



**BEFORE THE DAY
BEGINS**

Psalm 5:3



**BEFORE YOU GO
TO BED**

Luke 6:12



**THROUGHOUT
THE DAY**

Daniel 6:10



**WHEN YOU'RE WITH
OTHERS**

Acts 4:31



**WHEN YOU'RE
STRUGGLING**

James 5:13



**IN EVERY
SITUATION**

Philippians 4:6

"VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT THE HOUSE AND WENT OFF TO A SOLITARY PLACE WHERE HE PRAYED."

MARK 1:35



PRAYER FOCUSES

There are many things that the Bible instructs us to pray about. Throughout this year we have five key prayer focuses as a church that we are committed to praying over and invite you to join us to pray around also:

01 THE PRESENCE OF GOD TO
MANIFEST IN OUR CHURCH

02 THE GLORY OF GOD TO
FALL UPON US

03 THE VISION OF OUR
CHURCH

04 LABOURERS FOR THE
HARVEST

05 SALVATIONS AS THE
GOSPEL IS PREACHED

PRAYER MODELS

This guide provides seven models to help you go deeper in your prayer life.

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Prayer and Fasting



TEACH
US TO
THE
LORD'S
PRAYER
PRAY

A NEW WAY TO
LOOK AT THE
CLASSIC PRAYER

THE LORD'S PRAYER

When the disciples asked Jesus how to pray, He laid out a clear map for how to pray in a way that connects us to God, aligns our priorities with His and helps us live dependently on Him.

In this section, we will break down each line of the verse so that you can dig deeper into what makes this prayer so powerful and learn to incorporate it into your life.



**"OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME,
YOUR KINGDOM COME,
YOUR WILL BE DONE ON EARTH
AS IT IS IN HEAVEN.
GIVE US TODAY OUR DAILY BREAD.
FORGIVE US OUR DEBTS, AS WE ALSO HAVE
FORGIVEN OUR DEBTORS.
AND LEAD US NOT INTO TEMPTATION, BUT
DELIVER US FROM THE EVIL ONE,
FOR YOURS IS THE KINGDOM AND THE
POWER AND THE GLORY FOREVER."**

MATTHEW 6:9-13





01

CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven..."

God created us to have relationship with Him. He has adopted us as His children and loves for us to call Him 'Our Father'. Starting our prayer time acknowledging our relationship with God is powerful.

"YOU HAVE NOT RECEIVED A SPIRIT THAT MAKES YOU FEARFUL SLAVES. INSTEAD, YOU RECEIVED GOD'S SPIRIT WHEN HE ADOPTED YOU AS HIS OWN CHILDREN. NOW WE CALL HIM, 'ABBA, FATHER.'"

ROMANS 8:15

Proclaim your intimate relationship with God as your Father and thanking Him that you are His child.

EXAMPLE PRAYER:

"Father, I come to You today in prayer, thankful that I am your child, thankful that You have forgiven me and adopted me as Your own. I am so grateful to call You my Father. Thank You for loving me."

02 WORSHIP HIS NAME

"Hallowed be Your name:

There are so many names for God in the Bible, each one showing a facet of His character. As we speak God's names out loud we are proclaiming who He is and reminding ourselves how powerful and great our God truly is.

Here are a few of His names to help us worship Him specifically and personally:

ELOHIM - THE CREATOR

EL ROI - THE GOD WHO SEES

EL SHADDAI - GOD ALMIGHTY

ALPHA AND OMEGA - THE BEGINNING AND END

ADONAI - MY MASTER

JEHOVAH JIREH - THE LORD OUR PROVIDER

JEHOVAH RAPHA - THE LORD OUR HEALER

JEHOVAH NISSI - THE LORD OUR BANNER

JEHOVAH ROHI - THE LORD OUR SHEPHERD



EXAMPLE PRAYER:

"God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, Shepherd, Provider and my Banner of Victory. Your name is great and I worship you."



03 PRAY HIS AGENDA FIRST

"Your Kingdom come. Your will be done on earth as it is in Heaven"

Part of being a child of God is caring about what He cares about and loving what He loves. When we pray His agenda first we are acknowledging His sovereignty and perfect will.

"HE WILL ALWAYS GIVE YOU WHAT YOU NEED FROM DAY TO DAY IF YOU WILL MAKE THE KINGDOM OF GOD YOUR PRIMARY CONCERN."

LUKE 12:31

Spend time focusing on God's priorities including:

- Saving the lost
- Wisdom and guidance for those in authority
- Justice and righteousness
- Unity and love
- Freedom for those in bondage
- Accomplishing His purpose in our lives

EXAMPLE PRAYER:

"God I recognise that there is no better plan on earth than Yours and I pray for Your will to be done in our world and in my life in each of these areas..."

04

DEPEND ON HIM FOR EVERYTHING

"Give us this day our daily bread"

God promises to supply all our needs. He invites us to come to Him with our problems, needs and desires and to trust Him to provide.

"I LOOK UP TO THE MOUNTAINS - DOES MY HELP COME FROM THERE? MY HELP COMES FROM THE LORD, WHO MADE HEAVEN AND EARTH!"

PSALM 121:1-2



Ask God for what you need today, trusting Him enough to hand it over to Him fully. Problems can either be ours or God's; they can't be both!

EXAMPLE PRAYER:

Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely. I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs."



GET YOUR HEART RIGHT WITH GOD AND WITH OTHERS

*"...forgive us our debts as we
forgive our debtors."*

Through Christ we have complete forgiveness of our sins, but we should still come to God regularly, asking Him to check our heart. When we turn away from our sins and receive His forgiveness our hearts are more prepared to forgive others too."

**"IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST
AND WILL FORGIVE US OUR SINS AND PURIFY US
FROM ALL UNRIGHTEOUSNESS."**

1 JOHN 1:9

Ask God to check your heart and receive forgiveness for any area He brings to mind. Then in turn ask God to help you forgive those who have offended or hurt you.

EXAMPLE PRAYER:

"God, Thank You for giving me unfailing grace and forgiveness. Show me any areas in my life that I need to bring before. I confess that I have been struggling with sin - please forgive me. Help me to let go of the things that have offended or hurt me and acknowledge when I have offended others."

06 ENGAGE IN SPIRITUAL WARFARE

*"...and lead us not into temptation,
but deliver us from evil..."*

We have an enemy who is trying to destroy us but we already have the victory through Christ. Take your stand against the enemy and fight the good fight of faith. Take every lie that the enemy has told you and replace it with the truth of God's word.

**"FOR OUR STRUGGLE IS NOT AGAINST FLESH
AND BLOOD, BUT AGAINST THE RULERS,
AGAINST THE AUTHORITIES, AGAINST THE
POWERS OF THIS DARK WORLD AND
AGAINST THE SPIRITUAL FORCES OF EVIL IN
THE HEAVENLY REALMS."**

EPHESIANS 6:12



Ask God to show you any lies you're believing or any areas of warfare in your life. Ask Him to expose the enemy and help you understand and receive His truth. Speak the name of Jesus and walk in freedom.

EXAMPLE PRAYER:

"God, Help me to make all of my thoughts obedient to the truth of Your Word. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper."



07 EXPRESS FAITH IN GOD'S ABILITY

"For Yours is the Kingdom and the power and the glory forever."

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.


"AH, SOVEREIGN LORD, YOU HAVE MADE THE HEAVENS AND THE EARTH BY YOUR GREAT POWER AND OUTSTRETCHED ARM. NOTHING IS TOO HARD FOR YOU"

JEREMIAH 32:17

End your prayer time by reminding yourself of God's limitless power and then return to praising Him and declaring your faith in Him.

EXAMPLE PRAYER:

"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority belongs to You, all mightiness flows from You, Your victory will be complete. I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."



THE LORD'S PRAYER OUTLINE

01

CONNECT WITH GOD RELATIONALLY

02

WORSHIP HIS NAME

03

PRAY HIS AGENDA FIRST

04

DEPEND ON HIM FOR EVERYTHING

05

GET YOUR HEART RIGHT WITH GOD AND OTHERS

06

ENGAGE IN SPIRITUAL WARFARE

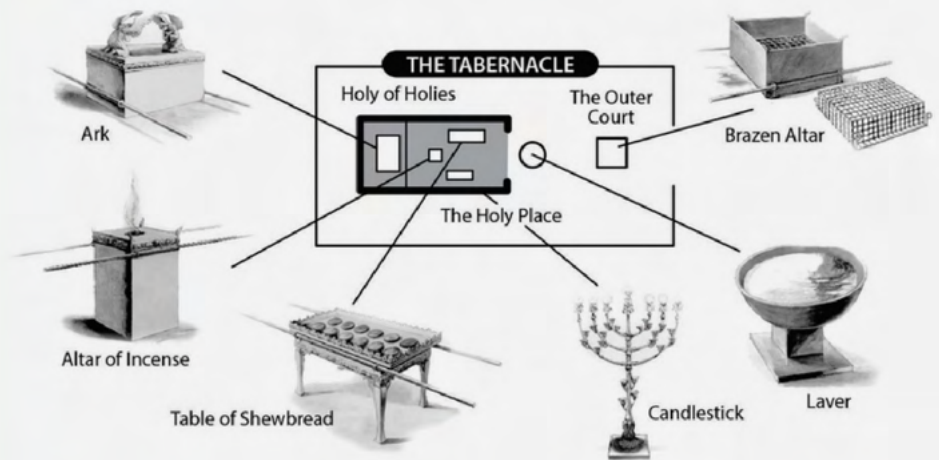
07

EXPRESS FAITH IN GOD'S ABILITY

THAT
THE
I **TABERNACLE** MAY
PRAYER
DWELL

APPROACHING
GOD'S HOLY
DWELLING PLACE

THE TABERNACLE PRAYER



In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, to experience His presence. This prayer model will take us through each station of the Tabernacle to help us connect with God in prayer.

THE OUTER COURT: THANKSGIVING AND PRAISE

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.



"ENTER HIS GATES WITH THANKSGIVING AND HIS COURTS WITH PRAISE; GIVE THANKS TO HIM AND PRAISE HIS NAME."

PSALM 100:4



THE BRAZEN ALTAR: THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today we don't have to do this because Jesus paid for our sins once and for all with His blood on the cross.

At the altar we thank God for the gift of Jesus; His sacrifice and love and all that the cross paid for.

THE CROSS GAVE US:

SALVATION

GOD FORGIVES ALL MY SINS

HEALING

GOD HEALS ALL MY DISEASES

REDEMPTION

GOD RESCUES ME AND RESTORES ME

TRANSFORMATION

GOD CHANGES ME INTO HIS LIKENESS

PROVISION

GOD PROVIDES EVERYTHING I NEED



THE LAVER: CLEANSING AND PREPARING

The next step was a bowl of water where people could cleanse themselves. Checking our hearts and motives and surrendering our lives to God is an important part of prayer.

Here are some ways to keep our hearts right with God:



REPENT FROM ANY KNOWN SIN AND ASK HIM TO SHOW YOU ANY AREA THAT NEED HIS CLEANSING
(SEE 1 JOHN 1:9)

OFFER YOURSELF TO GOD
(SEE ROMANS 12:1-2)

TONGUE TO SPEAK GOOD NOT EVIL
EYES TO SEE GOD & THE NEEDS OF OTHERS
EARS TO BE SENSITIVE TO HIS VOICE
HANDS TO DO GOOD TO OTHERS
FEET TO WALK IN HIS WAYS
MIND TO RENEW OUR THOUGHTS

ASK GOD TO HELP YOU GROW IN THE FRUITS OF THE SPIRIT
(SEE GALATIANS 5:22-23)



THE HOLY SPIRIT IS:

THE SPIRIT OF THE LORD

ISAIAH 61:1

THE SPIRIT OF WISDOM AND REVELATION

EPHESIANS 1:17

THE SPIRIT OF HOLINESS

ROMANS 1:4

THE SPIRIT OF GRACE AND TRUTH

REVELATION 1:17

THE SPIRIT OF LIFE

ROMANS 8:3

THE SPIRIT OF THE FEAR OF THE LORD

ISAIAH 11:2

THE CANDLESTICK

THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. This represents the Holy Spirit. It is through the Holy Spirit that God comforts us, guides us, and empowers us to be light in the world's darkness.

Daily acknowledge the Holy Spirit's presence in your life, ask for a fresh infilling to teach, guide empower, transform and strengthen you.



THE TABLE OF SHEWBREAD THE WORD OF GOD

In the Tabernacle, a table with twelve loaves of bread represents the importance of reading God's Word (the Bible) daily.



The Bible is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life. Here is how you can incorporate God's Word into your prayer time:

TAKE TIME TO READ AND THINK ABOUT THE WORD

CLAIM GOD'S PROMISES FOR YOUR LIFE AND THE WORLD AROUND YOU

ASK HIM FOR FRESH REVELATION OF HIS WORD

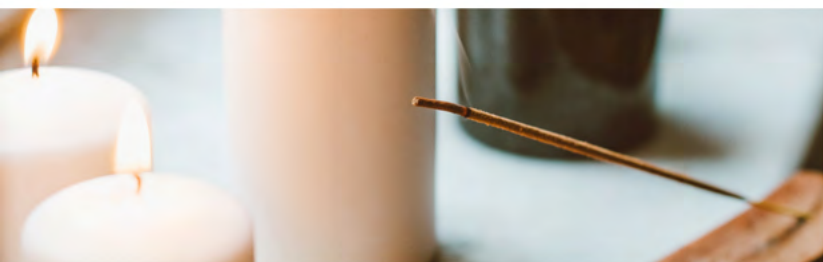
ASK HIM FOR A WORD TO HELP YOU AS YOU GO THROUGHOUT YOUR DAY

ASK HIM TO SHOW YOU HOW TO APPLY HIS WORD

THE ALTAR OF INCENSE WORSHIP

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. This altar represents worship. The people of God entered God's presence as they worshipped His names.

Thank God for making His presence available to you. Praise His names and worship Him personally and specifically for who He is and how He has moved in your life (See page 10 for some of the names of God)



**"ASCRIBE TO THE LORD THE GLORY DUE
HIS NAME; WORSHIP THE LORD IN THE
SPLENDOR OF HIS HOLINESS."**

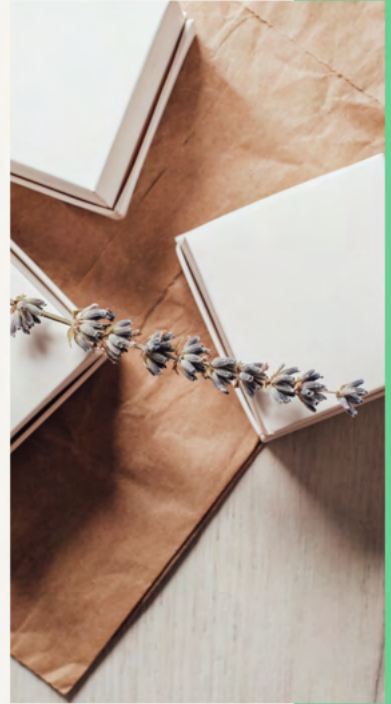
PSALMS 29:2

WE WORSHIP YOU

THE ARK OF THE COVENANT

INTERCESSION

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There, the priest interceded by praying on behalf of the people of God. Now we are called a Kingdom of priests and are instructed to intercede for others.



We can make a difference when we spend time praying for others, including:

THOSE IN AUTHORITY

LEADERS IN CHURCH, GOVERNMENT, FAMILY, AND WORKPLACE

THOSE WHO ARE MARGINALISED

THOSE SUFFERING INJUSTICE, THE POOR, THE WIDOWED, THE WEAK

YOUR FAMILY AND FRIENDS

IMMEDIATE AND EXTENDED FAMILY, FRIENDS, COLLEAGUES

YOUR CHURCH

PASTORS, GROUP LEADERS, TEAM, MEMBERS, YOUNG PEOPLE AND KIDS

YOUR COMMUNITY

PEOPLE IN YOUR STREET, TOWN, CITY, NATION, AND WORLD

LIVING

**PRAYING
THE
SCRIPTURES**

ACTIVE

DIVING INTO THE
WORD OF GOD AS
YOU PRAY

PRAYER ROOTED IN SCRIPTURE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

When we don't know what to pray one of the easiest things to do is to open the Word of God and pray His Word back to Him. As you do this you are agreeing with what He has spoken and are connecting it with you personally in your current season of life.

On the following pages you'll find a few examples of how to pray scripture but there are over 31,000 verses you can use to help you start in prayer.



"THEN YOU WILL CALL ON ME AND COME AND PRAY TO ME, AND I WILL LISTEN TO YOU."

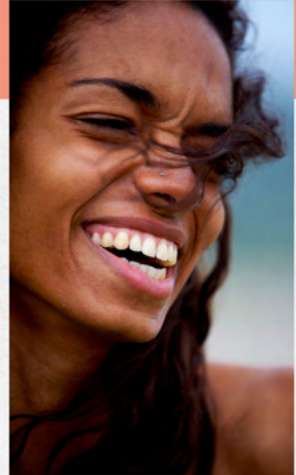
JEREMIAH 29:12

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS."

PHILIPPIANS 4:6-7

EXAMPLE PRAYER:

"Father, my heart feels anxious (tell God what is giving you anxiety), but I'm thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer so I'm coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today."



"COME NEAR TO GOD AND HE WILL COME NEAR TO YOU." JAMES 4:8

EXAMPLE PRAYER:

"Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You."



"NEVER WILL I LEAVE YOU; NEVER WILL I FORSAKE YOU." HEBREWS 13:5



EXAMPLE PRAYER:

"Lord, I know that You will never leave me. You are always with me, and I am safe with You. Help me feel Your presence. Comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me."

"AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE."

ROMANS 8:28



EXAMPLE PRAYER:

"Lord I thank You that You promise me in Your Word that You work all things together for my good because I love you. Right now, there are things in my life that don't feel good (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my circumstances for good."

CRY
THE
OUGHT TO
PRAYER
OF JABEZ
GOD

AN EXAMPLE OF
FAITHFUL PRAYER
IN ACTION

THE PRAYER OF JABEZ

The Prayer of Jabez is a helpful model of a prayer we can pray every day. This structure will take us through four key prayer points:

01
BLESSING

02
INFLUENCE

03
PRESENCE

04
PROTECTION



"JABEZ CRIED OUT TO THE GOD OF ISRAEL, "OH, THAT YOU WOULD BLESS ME AND ENLARGE MY TERRITORY! LET YOUR HAND BE WITH ME, AND KEEP ME FROM HARM SO THAT I WILL BE FREE FROM PAIN." AND GOD GRANTED HIS REQUEST."

1 CHRONICLES 4:10

01 BLESSING

“Oh, that You would bless me

Jabez begins his prayer by asking God for His blessing. We need more of God’s blessing to be better equipped to make a difference for His Kingdom. We can pray for more provision, spiritual gifting, wisdom, and greater understanding so that we can bless others with what God has given us.

James 4:2-3 tells us, *“You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”* God wants to bless us, but He is often waiting for us to ask with the right heart.

EXAMPLE PRAYER:

“Lord I ask for Your blessing so that I can be a blessing to others. I recognise that without you I have nothing, so I need Your provision. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.”





02 INFLUENCE

“Enlarge my territory...”

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly and to open doors of opportunity for us to make a difference.

"IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, SO THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOUR FATHER WHO IS IN HEAVEN."

MATTHEW 5:16

EXAMPLE PRAYER:

“God, make me effective in my sphere of influence, and open new doors for me to be able to impact and reach even more people for Your glory. Give me a heart to make a difference in the lives of people and boldness to walk in obedience to Your calling. Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”

03 PRESENCE

“Let Your hand be with me...”

In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence so that we are not operating out of our own strength but through the presence and the hand of our Almighty God

Daily we should acknowledge our need for God’s presence.

EXAMPLE PRAYER:

“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I long for Your presence in my life. I depend on You completely. I recognise that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”



04 PROTECTION

“Keep me from harm...”

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory, so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

EXAMPLE PRAYER:

“God, as I walk out the purpose You have for me, I pray that You will stop every attack of the enemy against me. Protect my body, mind, and emotions, my family and my community. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.”



**THE
PRAYERS
OF
WARFARE**

ARMOUR
OF GOD

ENGAGING IN
SPIRITUAL
WARFARE

FIGHT AGAINST THE ENEMY

Prayer is not only communion with God; it is confrontation with the enemy.

When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. We can do the same.

The following prayers are helpful models for spiritual warfare.

KING

JESUS IS



THE ARMOUR OF GOD

EPHESIANS 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armour and equips us to take a stand when battles come our way.

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armour described in Ephesians 6.

THE HELMET OF
SALVATION

THE BREASTPLATE OF
RIGHTEOUSNESS

THE BELT OF
TRUTH

THE SHIELD OF
FAITH

THE SWORD OF
THE SPIRIT

FEET PREPARED WITH
THE GOSPEL OF PEACE



THE WEAPONS OF WARFARE

2 CORINTHIANS 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. Through the blood of Jesus, God has given us victory and power to fight.

You can command anything that comes against the truth of God and His Word to bow to the name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.



"WE DEMOLISH ARGUMENTS AND EVERY PRETENSION THAT SETS ITSELF UP AGAINST THE KNOWLEDGE OF GOD, AND WE TAKE CAPTIVE EVERY THOUGHT TO MAKE IT OBEDIENT TO CHRIST."

2 CORINTHIANS 10:5

PROTECTION PRAYER

2 THESSALONIANS 3:3

2 CORINTHIANS 6:14-7:1

2 CORINTHIANS 10:3-5

ROMANS 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenly realms by asking for and claiming protection for ourselves and our families in Jesus' name.

Share your thoughts and concerns with God. Ask Him for His protection. He says He will command His angels to guard you in all your ways. Claim this promise and lay everything down before Him, trusting His good plans and His power to protect you and those you love.



**"FOR HE WILL COMMAND HIS ANGELS CONCERNING
YOU TO GUARD YOU IN ALL YOUR WAYS"**

PSALM 91:11

CONFESSION PRAYER

ROMANS 10:10 1 JOHN 1:7-9
JAMES 5:16 1 JOHN 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin when He died on the cross. When we accept the gift of salvation we confess our sin. As Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him.

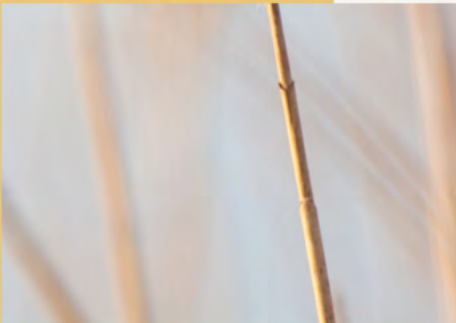


After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.



**"BE KIND AND
COMPASSIONATE TO ONE
ANOTHER, FORGIVING
EACH OTHER, JUST AS IN
CHRIST GOD FORGAVE
YOU."**

EPHESIANS 4:32



FORGIVENESS PRAYER

MATTHEW 6:14-15
LEVITICUS 19:18

Forgiveness can feel challenging, but Bible makes it clear that God freely forgives us and we are expected to do the same for others.

We can come before the Lord with humility, honesty, and sincerity and share the areas in our lives where we need to forgive others.

As we choose to forgive those who have hurt or offended us, we can also praise and thank God for forgiving us when we didn't deserve it.

PRAYER TO BREAK PRIDE

PROVERBS 11:2

PROVERBS 16:18

PROVERBS 26:12

1 TIMOTHY 3:6



The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride, closed-mindedness, and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

PRAYER TO BREAK BONDAGE

EXODUS 20:4-6

EXODUS 34:7

NUMBERS 14:18

2 CORINTHIANS 5:17

ROMANS 8:1

ROMANS 12:1



Generational bondage is sin that can be passed down from generation to generation. Whether it's pride, addiction, racism, sexism, abuse, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation



Recognise the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now and rebuke anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

PRAYER FOR HEALING

1 PETER 2:24

PSALM 103:2-5

LUKE 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and those you're praying to be healed.



"BY HIS WOUNDS YOU HAVE BEEN HEALED."

1 PETER 2:24

PRAYER FOR MARRIAGES

EPHESIANS 5:25-30

God created marriage, and His design for it is good. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honour to represent the love and commitment Christ has for the Church through our love and commitment to each other.



"AND ABOVE ALL THESE PUT ON LOVE, WHICH BINDS EVERYTHING TOGETHER IN PERFECT HARMONY."

COLOSSIANS 3:14

Thank God for your marriage. Ask Him to help you be the best spouse you can be, to help you love well and to see your spouse as He sees them. Ask God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him with it.

**NEVER
PRAYING
FOR
OTHERS
PRAYING**

FOCUSING IN ON
WHO AND WHAT TO
PRAY FOR

A photograph of a family of four—a father, a mother, and two children—smiling and embracing each other in a living room. The father is on the left, the mother is on the right, and the children are in the center. The image is overlaid with a semi-transparent white filter.

WHY SHOULD WE PRAY FOR OTHERS?

God desires everyone to know Him. He says in His Word that He would leave the ninety-nine to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him in praying for those who don't know Him to come to know Him

God has created us for 'such a time as this', therefore we have personal responsibility to pray for those in our world.

The Bible instructs us to pray for those in authority and those under your authority and for those in your family and your circle of influence.

PRAYING FOR THOSE IN OUR WORLD



MY GOVERNMENT

THE KING AND ROYAL FAMILY
THE PRIME MINISTER AND FIRST MINISTER
NATIONAL AND LOCAL GOVERNMENT LEADERS



MY FAMILY

MY SPOUSE AND CHILDREN
MY PARENTS AND SIBLINGS
MY EXTENDED FAMILY



MY CHURCH

MY PASTORS
GROUP / TEAM LEADERS
MY CHURCH
NEW BELIEVERS



MY WORK / SCHOOL

MY EMPLOYER AND COLLEAGUES
MY TEACHERS AND OTHER STUDENTS



MY LIFE

MY FRIENDS
MY NEIGHBOURS
THOSE I MEET EACH DAY



HOW TO PRAY FOR THOSE WHO NEED GOD

01 *ASK THE FATHER TO DRAW THEM TO JESUS*

JOHN 6:44

02 *BIND THE SPIRIT THAT BLINDS THEIR MINDS*

2 CORINTHIANS 4:4

03 *PRAY THAT THEY MAY HAVE A PERSONAL
RELATIONSHIP WITH GOD*

ROMANS 8:15

04 *PRAY FOR BELIEVERS TO CROSS THEIR
PATHS*

ROMANS 8:15

05 *RELEASE THE SPIRIT OF WISDOM AND
REVELATION, SO THEY MAY KNOW GOD BETTER*

EPHESIANS 1:17

**"I URGE, THEN, FIRST OF ALL, THAT
PETITIONS, PRAYERS, INTERCESSION AND
THANKSGIVING BE MADE FOR ALL PEOPLE"**

1 TIMOTHY 2:1

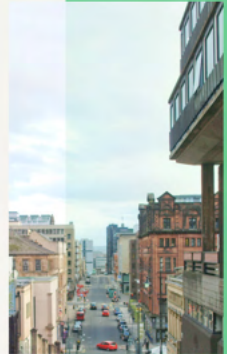
**WHEN
PRAYER
AND
FASTING
YOU
FAST**

HITTING THE RESET
BUTTON OF OUR
SOULS

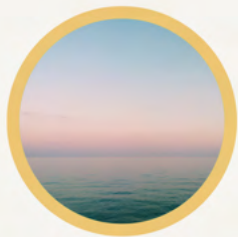


PRAYER AND FASTING

The goal of prayer and fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God our hearts desires to bring into our lives.



TYPES OF FASTING



01 COMPLETE FAST

In this type of fast, you drink only liquids, typically water with optional light juices.



02 SELECTIVE FAST

This involves removing certain elements from your diet. An example of this is as the 'Daniel Fast' where you consume only water and juice for fluids and fruits and vegetables for food.



03 PARTIAL FAST

This involves abstaining from eating any food during specific times of the day. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.



04 SOUL FAST

This helps refocus certain areas of your life that are out of balance. E.g. you might choose to stop using social media or watching television throughout the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**"I WILL BRING TO MY HOLY
MOUNTAIN, AND MAKE
THEM JOYFUL IN MY HOUSE
OF PRAYER; THEIR BURNT
OFFERINGS AND THEIR
SACRIFICES WILL BE
ACCEPTED ON MY ALTAR;
FOR MY HOUSE SHALL BE
CALLED A HOUSE OF PRAYER
FOR ALL NATIONS."**

ISAIAH 56:7

